

*10TH ANNUAL DIABETES/HEART
DISEASE & STROKE PREVENTION
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Demetrius Henderson, MBA, M.Ed., LPC
Program Director
South Carolina Department of Mental Health

Diabetes and Mental Health Prevalence

- Type 2 diabetes affects 8.3% of the population
- 22% of the population or 1 in 5 adults experience a diagnosable mental illness
- 1.1% of adults suffers from Schizophrenia annually
- 1.2% of adults suffer from Bipolar annually
- 9.5% adults suffer from Depression annually

Diabetes and Mental Health

- ▣ Studies have shown that rates of diabetes among people with mental illnesses was 20.9 percent or 2 times more than reported for the general population.
- ▣ Overweight for mental health population was 28% versus population of 22 %.

Which Comes First, the Cart or the Horse?



- Does the person with Mental Illness develops Diabetes?
- Does the person with Diabetes develop a Mental Illness?

Diabetes and Mental Health

- ▣ There is a significant link between type 2 diabetes and mental illness.
- ▣ One factor in diabetes is weight gain
- ▣ People with mental illness tend to be associated with poor diet, lack of exercise and weight gain and higher rates of smoking.

Raise the Bar

- ▣ Primary Care should screen for mental illness
- ▣ Primary Care should particularly screen for depression, schizophrenia, bipolar, antidepressive medication, antipsychotic medications, weight gains, smoking, history of mental illness
- ▣ Mental Health should screen for physical illness, particularly diabetes; fatigue, nausea, frequent urination, unusual thirst, weight loss, weight gain, blurred vision, constant hunger, extreme fatigue.

Depressive Symptoms

- ▣ Persistent sadness, anxious or empty feelings
- ▣ Feelings of hopelessness
- ▣ Feelings of guilt, worthlessness and/or helplessness
- ▣ Irritability, restlessness
- ▣ Loss of interest in activities or hobbies
- ▣ Fatigue and decreased energy
- ▣ Difficult concentrating, remembering details and making decisions
- ▣ Insomnia, early morning wakefulness or excessive sleeping
- ▣ Overeating or appetite loss
- ▣ Thoughts of suicide or suicide attempts
- ▣ Persistent aches or pains, headaches, cramps or digestive problems that do ease with treatment.

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